

WELL AWARE

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Contact DelaWELL

www.delawell.delaware.gov

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>

1-866-674-9103

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331

Information on Hospice/Compassionate Care and Related Services

When a person is in the final stage of a terminal illness, hospice/compassionate care can provide comfort and support for emotional, social and spiritual needs, and pain management for certain medical symptoms. Although it does not include attempts to cure a terminal illness, it may include treatment for potentially curable conditions, such as pneumonia and bladder infections. Hospice/compassionate care may be delivered in a home-based setting or an inpatient hospice/compassionate care/nursing care facility and generally includes the services of a doctor, nurse, social worker, and clergy.

Hospice via Highmark Delaware and Compassionate Care via Aetna provides one year of care services. Bereavement counseling for the patient's family is also available following the patient's death.

Members enrolled in the State of Delaware's Group Life Insurance Program provided by Minnesota Life can log onto <https://www.securian.com/legacy/ssl/home.do> to take advantage of Legacy Planning Services for information on planning a funeral for themselves or a loved one as well as obtain assistance with legal questions, including will preparation and the creation of a living will through Ceridian Life Works' website at www.LifeWorks.com (user name: "will"/password: "preparation") or by calling 1-877-849-6034.

Remember to revise your beneficiaries on life insurance, pension, and other important benefit programs as life changes occur.

Employees enrolled in a health care plan provided by Highmark Delaware or Aetna may also receive information on hospice, wills, and estate planning through the Employee Assistance Program, provided by HMS.

For additional information or to discuss your specific situation contact:

Highmark Delaware's Customer Services at 1-800-633-2563 or

<http://ben.omb.delaware.gov/medical/bcbs/index.shtml>

Aetna's Customer Services at 1-877-542-3862 or <http://ben.omb.delaware.gov/medical/aetna/index.shtml>

Minnesota Life at 1-877-215-1489 or <http://ben.omb.delaware.gov/life/index.shtml>

HMS at 1-800-343-2186 or <http://ben.omb.delaware.gov/eap/index.shtml>



What's Going On:

- **Show Your Heart A Little Love:**

- **Have-a-Heart Challenge (February 1-28, 2014)**

This challenge helps you focus on two heart-healthy steps: Eating a healthy low-fat, high fiber breakfast and getting physically active. Learn more and get started today! Visit <http://www.delawell.delaware.gov/wellness-challenges.shtml>.

- **Take Control Of Your High Blood Pressure, High Cholesterol And Diabetes**

These conditions can make your heart work harder and put you at risk for a heart attack or stroke. If you have high blood pressure, high cholesterol or diabetes, be sure to take advantage of **Alere's FREE Condition Care Program**. The benefits of this confidential program include a handbook to help you understand your condition, regular calls from a nurse to help you manage your condition and reports back to your doctor on your progress. Learn more and get started today by calling 1-866-674-9103.

- **Be A Wise Health Consumer**

Have questions or concerns about visiting your doctor? **Nurse24** wants to help you become a better health consumer. A nurse will listen to your concerns, answer your questions and help you create a plan so you get the most out of your visit. Call Nurse24 for FREE at 1-866-674-9103 or chat with a nurse on the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

Check out the **"Decision Aides"** link located on the top menu of the DelaWELL Health Portal under Diseases & Conditions. This link is designed to guide you through key health decisions, combining medical information with your personal values to make a wise health decision regarding medical tests, medicines, surgeries, treatments and other issues.

Upcoming Events:

- **DelaWELL Health Screenings - NOW Through April 30, 2014**

After you log in, click on the links on the left menu of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar, health screening frequently asked questions (FAQs) and to register for an appointment.

- **DelaWELL University Onsite Health Seminars**

March 2014 - *Know Your Health - A New Look At Why I Smoke And How To Quit*

April 2014: *Dump The Junk: Take Control Of Your Weight, Nutrition and Health*

Register today for a time and location convenient for you at www.delawell.delaware.gov.



MOTIVATION STATION: EMPLOYEE SPOTLIGHT

Debbie Ziomek

Administrative Assistant III

Delaware Center for Teacher Education, University of Delaware



"My first lifestyle change was to try a DelaWELL Health Coach. I received my first e-mail from my Health Coach, and we've been corresponding ever since. He is always there if I have questions about healthy eating or need exercise suggestions. His e-mails help keep me on track and they always seem to pop up when I'm just about to stumble. Those "just checking in" messages are really important for me..."

To read Debbie's complete story and other participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link. Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

Did You Know?



The State Employee Benefits Committee (SEBC) is authorized by Delaware Code to establish rules governing State of Delaware's employee and pensioner health, dental, and vision plans. These rules are called the "Group Health Insurance Program (GHIP) Eligibility and Enrollment Rules". In addition to governing eligibility and enrollment in health, dental, and vision plans, also included is information related to eligibility for an employee and/or their dependents to continue coverage through COBRA when existing coverage is lost through the GHIP due to a variety of reasons, e.g. termination of employment, death, or overage dependents. The Eligibility and Enrollment Rules and other applicable policies can be viewed in the "Documentation" section of the Statewide Benefits Office website at <http://www.ben.omb.delaware.gov/>

Remember, the next open enrollment for the above referenced benefit programs is May 12 through 28, 2014 for an effective date of July 1, 2014. Look for more information coming in April 2014.

Flexible Spending Account Grace Period

If you had money left in your Flexible Spending Account (FSA) at the end of calendar year 2013, you have until March 15, 2014 to use the balance. The period from January 1 to March 15 following the plan year is called the grace period. The State of Delaware has adopted the grace period which allows you an additional 2 ½ months to spend your 2013 FSA dollars for eligible expenses. After the grace period, you lose any remaining 2013 calendar year funds. Once you have incurred these eligible expenses, you have until April 15, 2014 to submit the claims for reimbursement. Please note that claims incurred and submitted during the grace period will be reimbursed first from your prior year FSA balance until it is depleted and then, if you re-enrolled in FSA, from your current year FSA balance. For additional information about your Flexible Spending Account, visit the Statewide Benefits Office website at www.ben.omb.delaware.gov/fsa. You may also call ASIFlex at (800) 659-3035 or Larry Frank at the Statewide Benefits Office at (302) 739-8331.

Holistic Health: Incorporating Yoga Into Your Wellness Routine



Yoga has been practiced for thousands of years in India and has risen in popularity in the United States as a form of stress management. It is based on the belief that the mind and body are one. Yoga combines exercises, called postures, and proper breathing. While practicing a posture, you concentrate on your breathing which helps relax your muscles, maintain the posture and focus your mind.

A common misconception is that you must be nimble and flexible to practice it, but the truth is that anyone can do yoga. There are several different forms of yoga to choose from, so be sure to select the best style that meets your fitness level and goals. Yoga has many health benefits and can be practiced anywhere, any time. Even with a busy lifestyle, there are simple ways to incorporate some stretching techniques into your day to help you feel relaxed and refreshed.

Learn more at [http://www.delawell.delaware.gov/documents/February%202014 Holistic%20Health BCBSD.pdf](http://www.delawell.delaware.gov/documents/February%202014%20Holistic%20Health%20BCBSD.pdf).

Reminder About Your HMS EAP + Work/Life Program

Your EAP+Work/Life Program is a valuable benefit provided to you by the State of Delaware. You have access to Licensed Professional Counselors for short-term, confidential help with a wide variety of personal issues. If needed, your counselor can refer you for more in-depth support. In addition, the HMS Work/Life Specialists can point you to resources in your area that can help you better balance your work and life responsibilities.

Licensed Professional Counselors can help with:

- Depression, stress and anxiety
- Family/parenting issues; work conflicts
- Anger, substance abuse, grief and loss

Work/Life Specialists can assist with:

- Legal and financial problems
- Childcare, eldercare and parenting concerns
- Time management and relocation support



Who is eligible to use the program?

Your EAP+Work/Life program is available to benefit eligible employees and non-Medicare pensioners and their dependents who are currently enrolled in a State of Delaware Group Health Plan.

Is my privacy protected?

Yes. HMS staff follows careful protocols and complies with all government privacy standards. Your medical and personal health information is kept strictly confidential.

Easy to reach and available 24/7 to assist you!

1-800-343-2186

<http://hms.healthadvocate.com>

Look To Your Heart – Eye Health



Regular eye exams can help you keep your heart healthy.

A stethoscope, a blood pressure cuff and the look in your eye during the visit to the eye doctor, all have one thing in common; **your heart**. Just as your primary care physician may listen to your heartbeat and check your blood pressure to monitor your heart rate, your eye doctor examines your eyes to get a clear look into your cardiovascular system. In fact, the eye is one of the only areas of the body where doctors have an unobstructed view of blood vessels. A full eye examination may reveal the first signs of serious heart conditions, including high blood pressure—before symptoms show up elsewhere in the body. And if not managed effectively, many of these cardiovascular conditions can lead to vision loss, too.

What your eyes say about your blood pressure

Known as the "silent" disease because its victims often lack symptoms, high blood pressure affects about one in three adults in the United States—while more than one in five people don't even know they have it. However, a comprehensive eye exam may uncover early signs of cardiovascular disease. Your eye doctor can check for subtle changes in the retina that result from high blood pressure, a condition called hypertensive retinopathy. If your eye doctor sees these changes, he or she can refer you to your primary care physician, who can recommend further testing and treatment.

Be good to your heart—it's great for the eyes

By maintaining a healthy lifestyle, you can help avoid risk factors that may affect heart health and vision. Take care of your heart and eyes by following these steps:

1. Exercise regularly.
2. Maintain a proper weight.
3. Eat a heart-healthy diet rich in omega-3 fatty acids, antioxidants and soluble fiber.

Consult with your medical doctor before starting any exercise or diet program. And don't forget to see your eye care professional for regular eye exams. Your heart will thank you.

To learn more about your vision benefits, please visit www.eyemedvisioncare.com

And click the **Members** tab.

Healthy Recipe

wilted spinach salad



Takes under 30 minutes
Makes 3 to 4 servings

INGREDIENTS:

- 2 large navel oranges
- 10 ounces (300 g) fresh baby spinach leaves, stemmed, washed and dried
- 2 tablespoons snipped fresh chives or sliced green onions
- 3 tablespoons orange marmalade
- 2 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- 1/2 teaspoon chopped fresh thyme
- Pinch of salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped toasted hazelnuts or pecans, optional

PREPARATION:

1. Remove orange peel (including white pith) with a serrated knife. Working over a bowl to catch the juice, cut the orange segments from the membranes. Squeeze any juice from the membranes into the bowl as well.
2. Combine spinach, orange segments and chives or green onions in a salad bowl.
3. In a saucepan, combine marmalade, vinegar, oil, thyme, salt and pepper. Heat over medium-low heat until the mixture begins to simmer. Pour over spinach and toss quickly. Sprinkle with hazelnuts or pecans, if using. Serve immediately.

NUTRITIONAL INFO PER SERVING

118 Calories
2.6g Fat
0.4g Saturated fat
3.0g Protein
23g Carbohydrate
3.8g Fiber
179mg Sodium

For more great healthy recipes, visit the
DelaWELL Health Portal at
<https://delawell.alerehealth.com>.



The Fitness Guru Says...

Health Tip: Ways To Have A Healthy Year

Dear Reader,

Adopting these lifestyle choices can help you stay healthy and energized:

- *Get regular health screenings.* Many deadly illnesses, including heart disease, diabetes, breast cancer, prostate cancer and skin cancer, can be detected by regular health screenings and treated successfully if diagnosed early on.
- *Avoid drug interactions.* Follow interaction and condition warnings carefully and ask your pharmacist to check for possible duplicate prescriptions and drug interactions if you take more than one medication.
- *Don't smoke.* Cigarette smoking increases your risk of lung cancer and heart disease.
- *Wear your seat belt.* People who wear lap belts and shoulder belts decrease their risk of death in automobile accidents.
- *Eat a well-balanced, low-fat, diet that includes plenty of fruits and vegetables.*
- *Drink alcohol moderately, if at all.* More than one drink a day for women, or two drinks a day for men, increases your risk of liver disease, heart failure and some cancers.
- *Manage your stress and other emotions.*
- *Exercise regularly.* Physical activity can control weight and stress and reduce your risk of heart attack, diabetes, stroke and some cancers.
- *Keep your immunizations up to date and get preventive health exams recommended for your age and gender.* Ask your health care provider if you should schedule any exams or immunizations in the year ahead.

For more ways to have a healthy year, visit the **NEW** HMS EAP + Work/Life website at <http://hms.healthadvocate.com> (Enter **State of Delaware** where it asks for the name of your organization). On the site, you'll find information on health, fitness, nutrition, emotional well-being, balanced living, recipes and much more.

Best of Health!

F.G. (a.k.a. Fitness Guru)